



2023 WELLNESS SEMINAR SCHEDULE

Join us for our free wellness seminars designed to promote health and wellbeing. AtlantiCare employees earn \$50 in wellness credits for each seminar (Max 2).

MONTH	DATE	TIME	TOPIC
January	1/24/2023	1:00 pm	The Pursuit of Happiness
February	2/22/2023	11:30 am	Mindful Eating: Being Present While You Eat
March	3/21/2023	1:00 pm	6 Functional Movement Patterns of Strength Training
April	4/26/2023	1:00 pm	Change the Way You Feel: the Importance of Exercise Recovery
May	5/15/2023	1:30 pm	Nutrition Trend: Plant-Based Diets
June	6/22/2023	10:00 am	Men's Health, Don't Ignore It!
July	7/11/2023	8:30 am	Mindful Meditation
August	8/29/2023	12:30 pm	Supporting Your Employees' Health While Working From Home
September	9/22/2023	10:00 am	Burnout & Ways to Avoid It
October	10/26/2023	10:00 am	Breath Better, Live Better
November	11/16/2023	1:00 pm	The Great American Smokeout
December	12/15/2023	11:00 am	Healthy Holiday Cooking Demo and Tasting

LOCATION

AtlantiCare LifeCenter Conference Room
2500 English Creek Avenue
Egg Harbor Township, NJ 08234

REGISTRATION REQUIRED

Contact us at 609-677-7507 or
email wellness@atlanticare.org